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## This sugar may not go down easy

When it comes to the sweet stuff, are you better off with real sugar? **PAGE 15**

## Video-game players are athletes too

Electronic-sport players are now eligible for athlete visas in the U.S. **PAGE 11**

## Protesters want GuZoo to go

Demonstrators standing outside the Calgary Court Centre on Monday want to see the roadside zoo gone **PAGE 5**



JOHN STILLWELL/POOL/THE ASSOCIATED PRESS

**Royals.** Party atmosphere hits London with the eagerly awaited birth of a new prince

Champagne bottles popped and shouts of "Hip! Hip! Hooray!" erupted at Buckingham Palace on Monday as Britain welcomed the birth of William and Kate's first child, a boy who is now third in line to the British throne.

Hundreds of Britons and tourists broke into song and dance outside the palace as officials announced

that the future king was born at 4:24 p.m., weighing eight pounds, six ounces, at central London's St. Mary's Hospital — the same place where William and his brother Harry were born three decades ago.

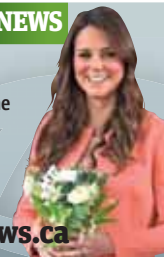
The imminent arrival of the royal baby was the subject of endless speculation on social media and was covered for days on live television around the world, but in the end the Royal Family managed to keep it a remarkably private affair.

In line with royal tradition, a terse statement announced only the time of birth, the infant's

### BREAKING NEWS

→ Go online for the latest updates on the royal baby boy.

→ [metronews.ca](http://metronews.ca)



gender and that mother and child were doing well. It gave no information about the baby's name, and officials would say only that a

name would be announced "in due course."

"Her Royal Highness and her child are both doing well and will remain in hospital overnight," it said. William also issued a brief statement, saying, "We could not be happier."

Officials said William, who was by his wife's side during the birth, would also spend the night in the hospital.

London's landmarks, including the London Eye, lit up in the national colours of red, white and blue, and the city had a party

atmosphere unmatched since last summer's Olympics.

A large crowd rushed against the Buckingham Palace fences to catch a glimpse of an ornate, gilded easel displaying a small bulletin formally announcing the news.

The framed sheet of paper became the target of a thousand camera flashes as people thrust their smartphones through the railings. Some waved Union Jack flags and partied on the streets to celebrate.

**THE ASSOCIATED PRESS**

**MORE COVERAGE, PAGE 10**



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Public engagement

## Taxpayers want \$52M back: Report

City council asked what to do with \$52 million in unclaimed provincial "tax room," and most Calgarians who answered said the money should be returned to taxpayers.

That's according to a report by polling firm Ipsos Reid, which analyzed nearly 10,000 responses gathered during the public engagement period the city held in May and June.

Roughly 53 per cent of the open-form responses fell under the "theme" of "Give it Back!" — one of five suggested options for the funds.

The next most popular options were to invest the money in transit infrastructure and to pay down city debt, each with roughly 15 per cent support.

Ipsos cautioned that the feedback was gathered on a "self-selected basis" and the results "should not be considered representative of the Calgary population as a whole."

Mayor Naheed Nenshi played down the importance of the numbers.

"This summary report, frankly, is not that helpful of a summary," he said. "And that was never the goal. The goal was to have a qualitative survey."

Other aldermen, however, said the results reinforced their sense — and the results of a ThinkHQ survey in June — that giving the money back is the most popular option.

Ald. Diane Colley-Urquhart, who was the designated champion for the transit-infrastructure option during public engagement, said Monday she now supports refunding taxpayers.

ROBSON FLETCHER/METRO



Ald. Gian-Carlo Carra, who voted in favour of legalizing secondary suites on Monday, says, "What's driving this is the crisis of housing that's been created by the damage caused by the flood." The legalization motion was defeated 9-6. ROBSON FLETCHER/METRO

# Secondary suites shaping up to be election issue

**Post-flood housing.** Legalization has been raised and shot down at city council again



ROBSON FLETCHER  
robson.fletcher@metronews.ca

Calgary's controversial secondary-suite issue was thrust back onto the council agenda Monday and likely secured its place as a key issue in October's municipal election.

Citing a near-zero vacancy rate and an especially dire need for post-flood rental accommodations, Ald. John Mar raised a sudden motion to legalize sec-

ondary suites across the city to relieve the housing crunch.

"We have been absolutely immersed in a crisis," he said, adding that the housing stock in flood-affected areas of his ward like Mission and Cliff Bungalow has been "wiped out."

Ald. Druh Farrell said it's "unacceptable" that many existing secondary suites in Sunnyside that predate the current bylaw and had been grandfathered in cannot be legally rebuilt after suffering major flood damage.

Mayor Naheed Nenshi called that quirk of law "ridiculous" and said it will result in "a significant loss of rental housing in the flooded communities."

But most aldermen were

not willing to suddenly eliminate the city's secondary-suite restriction, defeating Mar's motion by a 9-6 vote.

"It's not right for us to do a mass land-use change on people who have not had a chance to have any input on it," said Ald. Jim Stevenson, adding that such a move would make it impossible for Calgarians to choose to live in single-family-dwelling communities.

Ald. Diane Colley-Urquhart, who voted against the motion, said citizens will have their say on the matter in the October election.

"I am more than willing to take this on the campaign trail," she said. "I would like it to come back after the new council is elected."

### What's next?

- Numerous members of council said their individual position on secondary suites would likely be a key campaign issue.
- Ald. Peter Demong took things a step further and suggested a plebiscite to go along with the municipal election in October.
- Council requested a report on Calgary's housing situation for further discussion at its next meeting on July 29.

1 NEWS



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# Nenshi calls for \$104M fund to repair, prevent flood damage

**Matter of pace.** Mayor wants city to have dedicated fund right away, some aldermen want to see how things shake out with province first



**ROBSON FLETCHER**  
robson.fletcher@metronews.ca

Mayor Naheed Nenshi revealed details of his proposal to use Calgary's \$52 million in annual "tax room" for flood relief Monday, but the matter won't be put to a vote until Tuesday, at the earliest.

That's because of city council's jam-packed post-flood agenda — totalling some 2,200 pages — that saw Monday's meeting stretch well into Monday night and be carried over with plenty left to address.

Already, though, the mayor

appeared to run into some stiff opposition to his idea to set aside two years' worth of the money — \$104 million in total — for flood mitigation and prevention. Numerous aldermen described that plan as premature.

"I just don't see what's the big rush when there are so many unknowns out there," said Ald. Dale Hodges, noting the questions of who pays for what damage is still being sorted out between the provincial and federal governments and insurance companies.

They mayor, however, said it's "very clear" the provincial and federal governments won't cover all damage and the city will have to pay to repair, replace and upgrade some of its infrastructure and assets that weren't fully insured.

"If we don't have the money set aside, we have to get it from future taxation or debt anyway, and I'm not keen on incurring more debt," he said.



When council votes on the mayor's plan, it won't be in their regular chambers in the Municipal Building, which remains not fully operational after being flooded in late June. METRO FILE

## Mayor's motion

### Nenshi's plan

The first item of the mayor's motion calls on the city to "commence negotiations with the federal and provincial governments with the goal of maximizing recoveries of all city funds spent."

It then calls on the city to use the \$52 million from 2012 and 2013 to first cover flood relief and recovery costs not covered by other governments or insurance, then to use any remaining funds on "disaster mitigation and prevention infrastructure."

Use of the funds beyond that should then be part of the 2014-17 budget process, according to the motion.

ROBSON FLETCHER/METRO



MLA Mike Allen THE CANADIAN PRESS

## Disgraced Alta. MLA won't resign seat

An Alberta politician charged in Minnesota with paying for prostitutes says he will not resign as a member of the legislature.

Mike Allen, elected in 2012 for the governing Progressive Conservatives, was arrested last week in a prostitution sting while on a government trip in St. Paul.

Allen, 51, said Monday that he needs to explore whether

he can rebuild the trust of constituents before he decides whether to stay on as a member of the legislature.

"I will be saying sorry to a lot of people for a long time. I have already faced my parents, my children and many of my friends, and now it is my responsibility to face my community," he said at a news conference in his constituency office.

Right now Allen continues to sit as the member for Fort McMurray-Wood Buffalo as an Independent.

He stepped down from the Tory caucus last Tuesday, the morning after his arrest. He also paid back the \$2,000 expense tab for the trip.

The Opposition Wildrose has called on Allen to resign. The party paid for its own poll, by Abingdon Research, which

## Fort McMurray radio station

CKYX also conducted an informal online poll and found about 44 per cent of voters said Allen should resign.

asked people living in his constituency whether he should stay or step aside. Of the 219 people who responded, 69 per

cent said he needs to go.

The party said the poll has a margin of error of 6.6 per cent, 19 times out of 20.

"The people of Fort McMurray-Wood Buffalo need a full-time MLA standing up for their interests each and every day, not an MLA facing down scandals and deciding whether or not he should resign," said Wildrose Leader Danielle Smith. THE CANADIAN PRESS

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# Protesters call for GuZoo closure

**Calgary, Edmonton rallies.** Three Hills zoo has been centre of controversy for years



**KATIE TURNER**  
katie.turner@metronews.ca

Standing on a downtown sidewalk Monday holding a sign reading "Shut GuZoo Down Now!!!" Cheryl Cooper said she

was fighting the same battle she was two years ago.

Cooper was one of about 15 protesters outside the Calgary Court Centre trying to draw attention to the roadside zoo in Three Hills, which has been under scrutiny recently and in years past.

"I was fighting for them to shut down two years ago," Cooper said. "I've seen some terrible pictures of GuZoo via social media and it breaks my heart to see how those animals are being treated."

The zoo had its licence revoked in 2011, and it was reinstated under more stringent guidelines shortly afterward. Controversy flared again in early July when the Council of Concerned Albertans for Animal Welfare and Public Safety released photos and video taken at the zoo.

"It's just continuing to get worse," CCAAWPS board member Sylvia Meier said.

Jessica Potter, spokesperson for Alberta Sustainable Resource Development, said her

department, as well as Agriculture and Rural Development, are continuing to investigate the most recent photos and video footage.

"We do need to validate that information," she said. "Under the wildlife act, there are permits given to the zoo and there's conditions that they need to meet, and as long as they're meeting those conditions then the permit is fine. What we're doing right now is determining whether or not they are."




From left: Cheryl Cooper, Rob Franklin and Rebecca Smith want the province to shut down the GuZoo Animal Farm in Three Hills. KATIE TURNER/METRO



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## Residents to get say on University Heights redevelopment

After submitting hundreds of written pages opposing the redevelopment of a northwest strip mall, residents will have a chance to speak directly to council on Tuesday morning.

The area alderman, however, doubts there will be much compromise.

"I may come up with some amendments, which might sort it out a little bit," Ald. Dale Hodges said.

"Right now it's an agreement to disagree between the parties."

The redevelopment of the Stadium Shopping Centre, at the corner of 16 Avenue and Uxbridge Drive N.W., would see it turned into a much larger mixed-use centre that "provides employment opportunities, residential accommodation, and services," according to a city-planning document.

Mayor Naheed Nenshi said the issue has gone "a little bit off the rails," since much of the public opposition is to the density and land use of the proposed development.

"The land use is in place — it has been in place for decades," Nenshi said. "What we're discussing is how to distribute that density across that site."

ROBSON FLETCHER/METRO

### Rafting accident

#### Three fished out of Bow River

Rescue crews leaped into action on Monday after three people were thrown into the Bow River when their raft struck a bridge abutment.

The Aquatics Rescue Team launched their boat at about 3:15 p.m. and found two people stranded on a gravel bank downstream of the Louise Bridge. A third

person made it to shore safely, and there were no injuries reported. All three rafters were wearing PFDs.

The Calgary Fire Department is once again reminding Calgarians to use extreme caution when rafting on the city's waterways. Because the river channels were altered during recent flooding, officials say previous knowledge of the rivers may no longer apply and people on the river may need to react quickly to navigate hazards. **METRO**

### Flood aftermath

#### BMO boosts Alberta credit by another \$1B

The Bank of Montreal is increasing the amount of credit available to Alberta businesses by as much as \$1 billion. BMO says it will be increasing the \$4 billion in lending it has already authorized for the province by up to 25 per cent. **THE CANADIAN PRESS**

## Getting the dirt. City power-flushing community sewer systems post-flood

To mitigate some of the potential damage to underground infrastructure, city crews will be flushing out some of the sewer and storm sewer systems in flood-affected areas.

The City of Calgary Water Services will be doing the main power-flushing of these systems in the neighbourhood of Mission over the next two weeks. They will be flushing sediment, silt and debris that collected during the flooding on the weekend of June 21.

The power-flushing will

### Details

Anyone who would like more information, contact 311.

be done throughout Calgary's flood-affected communities, and is on a planned maintenance schedule.

The city does not believe this work will impact water service to any residents or businesses in the area. **METRO**

### Fire crews respond

## Power-unit fire put out at airport

Calgary firefighters got an early wake-up call out at the airport Monday after reports of a power-unit fire.

Firefighters responded to the Calgary International Airport at about 4 a.m. after one of the airport's aux-

iliary power units caught fire. Airport staff were able to pull it away from the airplane it was powering and fire crews used a foam and water mixture to extinguish the flames.

No one was injured and there was no damage to any aircraft, fire officials said.

The power unit is used to provide electricity to stationary aircraft. **METRO**

# Calgary Public Library calls for 20,000 books, DVDs



Calgary's Central Public Library remains closed more than a month after floodwaters flowed into the building, destroying part of the collection. **METRO FILE**

**Seeking gently used items.** Flood destroyed \$200K worth of material



**KATIE TURNER**  
katie.turner@metronews.ca

Thousands of books may have been lost to floodwaters but the Calgary Public Library is hoping community generosity will help keep its collection afloat.

"Twenty thousand is, we think, about the amount we lost in books, DVDs and CDs," said Paul McIntyre Royston, Calgary Public Library Foundation president and CEO.

Keeping literature in mind, the foundation is putting on a book drive titled 20,000 Books Under the Bow — a play on Twenty Thousand Leagues Under the Sea.

McIntyre Royston said the library hopes Calgarians will donate 20,000 gently used books, DVDs and CDs, which will then be sold on sites such as Amazon

### Book-drive swag

T-shirts with the phrase 20,000 Books Under the Bow can also be purchased at 20000books.ca, with proceeds going to the library flood-relief fund.

to raise money to purchase new books.

"We've probably already passed about 5,000 (donated items) already," he said. "Typically we'll earn as low as \$1 a book, but it could be as much as \$5 a book."

McIntyre Royston explained that it's better to buy new books because the library can purchase the items that are in demand from Calgary library cardholders. The estimated cost of the destroyed items is about \$200,000.

Donations can be dropped off at any Calgary Public Library, except for the Central Library, between 10 a.m. and 5 p.m. on July 27.




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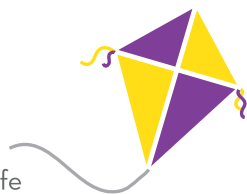


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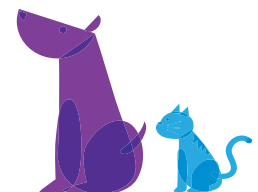


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# Jailed Femen member fights new charges



Amina Sboui sits in the Msaken court near Tunis Monday. THE ASSOCIATED PRESS

**Amina Sboui.** Defence for 19-year-old argues charges fabricated by those mistreating inmates

An imprisoned Tunisian member of the Ukrainian women's group Femen told a court Monday, in her de-

fence against new charges of insulting and defaming a civil servant, that she intervened after witnessing prison guards mistreating a fellow inmate.

Amina Sboui, 19, shocked Tunisians in March by posting topless photos of herself online to denounce the mistreatment of women in her country. She was later arrested on May 19 for scrawl-

## Quoted

**"To be behind bars is not as hard as to be outside watching a religious dictatorship take over Tunisia."**

Amina Sboui

ing the name of the group on the wall of a cemetery in

the Tunisian city of Kairouan, where ultraconservative Muslims had planned an annual conference.

Sboui told the judges at the Msaken court that guards were beating another inmate in the Messadines women's prison where she is being held and she attempted to stop them. The verdict on those charges is expected on July 29. THE ASSOCIATED PRESS

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## Nazi-themed cafe

**Owner bows to pressure, won't reopen cafe**

The owner of a Nazi-themed cafe in central Indonesia said Monday he has decided to permanently close down amid intense pressure from home and abroad.

Henry Mulyana, who opened the Soldatenkaffee in the West Java provincial capital of Bandung in 2011, said he is considering his options, but will not reopen the cafe. THE ASSOCIATED PRESS

## Massacre in Norway

**Victims of bomb, shooting attacks remembered**

Norway on Monday marked the second anniversary of the terror acts that killed 77 people.

Far-right fanatic Anders Behring Breivik has confessed to the July 22, 2011, attacks in which eight people died in a bombing at the government headquarters and 69 others in a shooting spree at the Labour Party's youth camp on Utøya island. THE ASSOCIATED PRESS



**Open letter: 100 pop stars plead for Pussy Riot parole**

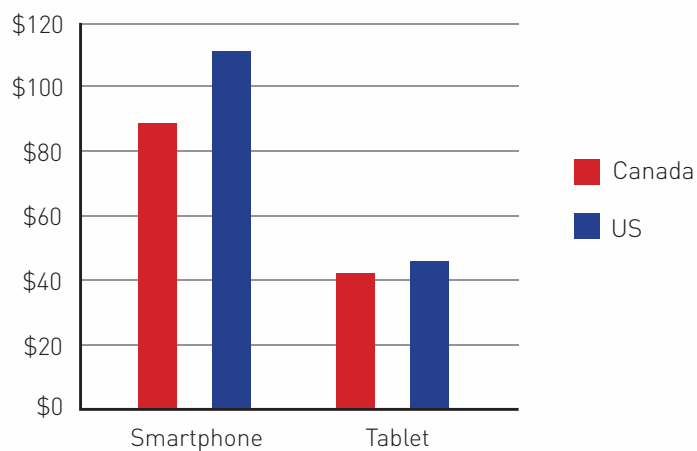
More than 100 leading musicians are calling for the release of jailed members of the Russian punk group Pussy Riot, from left, Maria Alekhina, Yekaterina Samutsevich and Nadezhda Tolokonnikova, seen here in a glass cage at a court in Moscow in October last year. Amnesty International said Monday that Adele, U2, Madonna, Yoko Ono, Radiohead, Patti Smith, Bruce Springsteen, Ke\$ha, Sir Paul McCartney and Sting were among those who signed an open letter organized by the group. SERGEY PONOMAREV/THE ASSOCIATED PRESS FILE



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Source:

(1) As of July 17, 2013, based on rates for similar packages published by the three largest Canadian and two largest US carriers for the following devices: Samsung Galaxy S4, iPhone, BlackBerry Z10, Samsung Galaxy Tab, and iPad.

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# Canadians welcome the boy who would be king

**Royal birth.** Prime minister, Governor General congratulate Will & Kate as admirers await new arrival's name

Canadians greeted their likely future king with a flurry of congratulations on Monday, but the long-awaited announcement of the prince's birth didn't seem to spark the same frenzy that surrounded his parents' wedding.

The country's political leaders were quick to send good wishes, with many issuing statements shortly after Clarence House officially announced that the Duchess of Cambridge had delivered a son.

Prime Minister Stephen Harper hailed the arrival of "a

future sovereign of Canada," calling it a "highly anticipated moment for Canadians given the special and warm relationship that we share with our Royal Family."

Gov.-Gen. David Johnston also congratulated Prince William and his wife Kate, saying that as a father of five, he knows well "the elation that a new arrival brings to a young family."

Even those opposed to the monarchy welcomed the prince's arrival.

Tom Freda, director of the organization Citizens for a Canadian Republic, said any news involving the Royal Family renews the debate over the relevance of a monarchist system, "and debate is good."

Several national landmarks — including the CN Tower, Niagara Falls and Parliament's centre block —



Royal fans wait outside St Mary's Hospital on Monday in London. When the baby's birth was announced, they were seen on their feet, cheering and dancing. The child is third in line to the British throne. PETER MACDIARMID/GETTY IMAGES

were set to shine blue Monday night in honour of the newborn prince.

Anticipation surround-

ing the royal baby had been building in recent days, but even royal-watchers recognized it hasn't rivalled the

near-obsessive excitement that ushered in the royal wedding two years ago.

THE CANADIAN PRESS

## Watch the throne

Interesting facts relating to Monday's birth of a boy to Prince William and his wife, Catherine:

- Number of weeks Prince William receives for paternity leave: 2
- Number of names the baby is likely to have: 4 (Princes Charles, William and Harry all have 3 middle names)
- Number of generations of direct descendants to the throne currently living: 4
- Time of prince's birth: 4:24 p.m., U.K. time
- Prince's birth weight: 8 pounds, 6 ounces
- Number of direct descendants of the Queen: 15 (4 children, 8 grandchildren, 3 great-grandchildren including the new baby)
- Number of years since the last direct heir was born: 31 (Prince William was born on June 21, 1982)


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## Bittersweet

### Woman claiming she was raped in Dubai pardoned

With her passport back in hand, a Norwegian woman at the centre of a Dubai rape claim dispute said Monday that officials dropped her 16-month sentence for having sex outside marriage in the latest clash between the city's Islamic-based legal codes and its international branding as a Western-friendly haven.

Dubai authorities hope the pardon of the 24-year-old woman will allow them to sidestep another potentially embarrassing blow to the city's heavily promoted image as a forward-looking model of luxury, excess and cross-cultural understanding.

"I am very, very happy," Marte Deborah Dalelv told The Associated Press after she was cleared by the order of Dubai's ruler. "I am overjoyed."

The case points to wider issues embedded in the rise of Gulf centres such as Dubai and Doha, host of the 2022 World Cup. These cities' cosmopolitan ambitions are often at odds with the tug of traditional views.

THE ASSOCIATED PRESS



## We're all in the same train

Train passengers and railway staff push a train car in their effort to rescue a woman who fell between the car and the platform while getting off at a station in Saitama, near Tokyo, on Monday. The unnamed woman in her 30s was pulled out uninjured to applause from onlookers. NORIHIRO SHIGETA/YOMIURI SHIMBUN/THE ASSOCIATED PRESS



# Gamers go from couch potatoes to athletes

**LoL.** E-sport players who play in games like League of Legends are now eligible for the same U.S. visas that NBA and NHL players get

Are video game players athletes? The U.S. government

thinks so.

In what's being touted as a victory for competitive gaming, electronic sport players are now eligible for athlete visas allowing them to work, travel and reside in America for up to five years. The visas are the same as those given to foreign athletes in other major sports leagues, like the NBA and NHL.

The change comes at a time when e-sports in North

## Eye of the tiger

**"Without a doubt I would consider e-sports players athletes."**

Danny Le, a.k.a. Shiphtur, the first player to apply for an e-sports visa, says he works out daily and watches what he eats to compete.

America are transitioning from small-time hobby to big-time

business.

"The ecosystem is growing by leaps and bounds," said Dustin Beck, vice-president of e-sports at Riot Games. "We're seeing an average of nearly four million fans tuning in weekly for our European and North American broadcasts and we hit 18 million unique views for our all-star finals back in May."

LUKE SIMCOE/METRO ONLINE



Gamers have rowdy fans cheering them on at championships — like this man at the 2012 League of Legends championships in Los Angeles. COURTESY/ RIOT GAMES

## Nothing's free. More unpaid interns in Canada suing for back wages

Unpaid interns agree to work free in exchange for training and job prospects, but a growing number of them say employers aren't living up to their side of the bargain.

In recent months, former interns in the U.S. have won several high-profile lawsuits for back wages, spurring a growing backlash here in Canada.

Jainna Patel, 24, a math and statistics graduate from McMaster University, filed a federal labour complaint against Bell Mobility after spending five weeks in its Professional Management Program (PMP) in Mississauga, Ont.

In response, Human Resources Development Canada sent a letter to Bell, requesting it either pay Patel's back wages or contest the complaint she filed. The company had until July 9 to file its response.

A Bell spokesperson told Torstar News Service that their program is not only legal, but one of the best internships in the country.

In the year since Patel first filed her complaint she hasn't heard from Bell, but remains hopeful because interns across North America have been winning cases like hers.

Last month, two unpaid interns working on the Oscar-winning film Black Swan successfully sued Fox Searchlight pictures. A New York district judge ordered the film pro-



Jainna Patel, a former intern at Bell, who put in a labour complaint. ANDREW FRANCIS WALLACE/TORSTAR NEWS SERVICE

duction company to pay back wages because the interns did the same work as regular employees, provided value to the company and performed low-level tasks that didn't require any specialized training. Fox is appealing the ruling.

Shortly after the decision, interns at Gawker, an American celebrity website, also filed a suit for unpaid wages.

Here in Canada, interns are also starting to file complaints.

In 2012, Kyle Iannuzzi was awarded almost \$1,000 in back wages from Platinum Events Group in what he believes was the first successful complaint against a company for an unpaid internship in Ontario.

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# WHAT ARE YOU STARING AT?

My friend and I have a code word that we use whenever we catch each other staring at someone for a prolonged period of time. It's a subtle way to notify one another that it's time to look away. This is more of a one-sided initiative, however, as I never let my gaze linger for more than a couple of seconds; she, on the other hand, has a tendency to stare excessively.

She insists that she doesn't realize she's doing it — hence the need for a secret phrase to covertly remind her to stop being creepy — and she's certainly not the only person out there with a habitual staring problem.

As a daily public-transit user, I know all about uncomfortable eye contact with strangers. It can be difficult to know where to look in a packed train or bus, which is why most of us use props — books, cellphones, perhaps even this very newspaper — in an ef-



**SHE SAYS**  
**Jessica Napier**  
metronews.ca

fort to avoid gazing at fellow passengers.

Social norms dictate that nonstop staring should be avoided, and yet some people just can't help themselves. Whenever I catch someone looking at me I immediately feel two things: embarrassed (because I fear a stray piece of spinach must have wedged itself in between my teeth) and kind of irritated.

Staring, even if it's harmless or unintentional, has the tendency to make others feel self-conscious and objectified. Nobody wants to be eyed up and down by a stranger, but what is the appropriate response to this sort of behaviour? I've never had the audacity to react with, "Take a picture, it'll last longer," but I have thrown out a passive aggressive "Can I help you?" on a couple of occasions.

Then again, maybe this notion that everybody is con-

stantly looking at each other is all in our heads.

Earlier this year, researchers at the University of Sydney published a study on the topic of gaze perception and discovered that humans have a tendency to presume other people are staring at them, even when they aren't. And no it's not because we're a bunch of paranoid narcissists — this presumption is actually a defence mechanism.

In primates, a lengthy direct gaze is a sign of aggression. Researchers theorize that this hostile interpretation could explain why humans are hard-wired to assume that they are being looked at in order to anticipate potential threats. It might also explain why we have an innate ability to "feel" as though someone is watching us even if we can't see them directly.

So remember, if you do come across someone worth gawking at, there's a strong chance that they are going to know about it.

Follow Jessica Napier on  
Twitter @MetroSheSays



## ZOOM

### How to dress for survival



SAMS

#### Wetsuits to trick sharks unveiled

Australian researchers have launched a set of anti-shark wetsuits, using new expertise on the predator's eyesight to evade an attack. Scientists from University of Western Australia and designers Shark Attack Mitigation Systems (SAMS) made two types of wetsuits to protect swimmers. **METRO**

#### Suit yourself

- **The Elude suit.** Designed for divers and snorkelers, the blue-and-white outfit uses "disruptive colouration" camouflage, which is difficult for a shark to see.
- **The Diverter suit.** Made for surfers, the bold black-and-white striped suit mimics the colours of poisonous fish as a deterrent or repellent to sharks.

#### Project proves to be successful

Testing using dummies off Australia's west coast saw tiger sharks ignoring SAMS suits but targeting black wetsuits. **METRO**

#### Clickbait



**HANNAH ZITNER**  
hannah.zitner@metronews.ca

**A lot can happen in six seconds. If you're a comedian staring awkwardly into a silent audience, six seconds can feel like eternity — which is maybe why so many comedians turn to Vine to share their craft. If you've got six seconds to kill and are looking for a laugh, these comedians have your back.**

#### Will Sasso

MadTV's Will Sasso's lemon-barfing vines have been making the rounds pretty much since Vine became a thing. But his gags aren't just lemons; as expected, there's no shortage of wrestling gags in his repertoire, too.

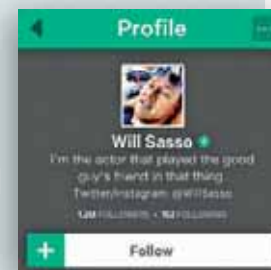
#### Reggie Watts

From personal thoughts to odd mo-

ments, the musical funnyman, recognizable for his giant hair, delivers his odd sense of humour like the weirdo, superstar he is.

#### Adam Goldberg

With an emphasis on the drink, Adam Goldberg's six-second vids are gold (usually in a glass, or after having drunk from a glass).



#### Letters

**RE: Banning Chris Brown In Halifax: Would We Be Moral White Knights, Or Just Hypocrites? It's Complicated...** published July 22

Last time I checked if you were a convicted criminal you were not welcome in Canada?

Plus, I don't think this punk has learned anything from beating his girlfriend at all, to listen to him he is the victim not her. Stay home Brown and join an anger management group.

**mtwt posted to metronews.ca**

Rodney Atkins, Axl Rose and Tommy Lee ... what do all three men have

in common with Chris Brown? First off, I would like to say all three men have performed in Halifax, N.S.

Which is great for their fans, but if we were to compare them with Chris Brown: there is not much difference.

Rodney Atkins allegedly attempted to suffocate his wife with a pillow. Axl Rose has been accused of assault and sexual battery. Tommy Lee kicked Pamela Anderson while she was holding their son Dylan. He also beat a photographer at one point.

Before anyone judges Chris Brown, and thinks he shouldn't come, they should do their research on the others who have come here.

**Melanie posted to metronews.ca**

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Send us your comments: [calgaryletters@metronews.ca](mailto:calgaryletters@metronews.ca)



DVD reviews



Trance

Director. Danny Boyle

Stars. James McAvoy, Vincent Cassel, Rosario Dawson

Genre-hopping British filmmaker Danny Boyle describes this serpentine psycho-thriller as personal therapy, a stress reliever he made while also directing last summer's Olympics opening ceremony. The stop-and-start nature of the production may account for the film's patchwork vibe. More difficult is the lack of feeling it summons for the three principal characters, played by James McAvoy, Rosario Dawson and Vincent Cassel. Trance begins as a heist picture, one in which Goya's fear-some masterpiece Witches in the Air sells for a cool \$42 million in London, before vanishing under the watch of auction official Simon (McAvoy). Then the confusion really starts, as a hypnotherapist Elizabeth (Dawson) and crook (Cassel) get involved. The problem with Trance is that Boyle and his writers want to mess with more than just Simon's brain. The story becomes twisted and unreliable to the point of being downright silly, as motivations shift and finding the missing Goya starts to seem like the furthest thing from everybody's mind.

PETER HOWELL

## Don't forget your costume!

Another year of Comic-Con is behind us, with fans and celebrities limping away from the San Diego Convention Center. Metro asked some of the celebrity attendees for Comic-Con survival advice.



Lily Collins

Star of The Mortal Instruments: "(Bring) a pair of flats, because running in (high heels) has been really difficult. Oh, and Band-aids. And bring your camera. I've been taking so many photos."



Dane DeHaan

Star of The Amazing Spider-Man 2: "From what I've seen in terms of being a fan coming here, it's a lot about patience, because those are some long-ass lines."



Jamie Campbell Bower

Star of The Mortal Instruments: "Lots of water. Stay hydrated because sometimes those costumes, oh boy. I mean, you don't want to be walking around looking like Chewbacca and not have water."



Bill Hader

Stars in Cloudy with a Chance of Meatballs 2: "Don't go (laughs). Know what you like. Have specific things that you like and just go to those. And then on the way to those you'll catch glimpses of other things."

# Harris isn't afraid to carve her own path

## Hatchet 3.

Horror heroine bucks Hollywood convention and is content with "just being me"

CHRIS ALEXANDER  
scene@metronews.ca

Danielle Harris is really a machine disguised as a woman.

The whirling dervish of an actor began her professional journey as a child star in the '80s, starring in the back-to-back horror sequels Halloween 4 and 5 as a little girl running afoul of masked killer The Shape.

Thankfully she stepped away, grew up, and re-emerged as an intelligent, unaffected and level-headed



From Halloween to Hatchet, Danielle Harris has horror covered. HANDOUT

blend of performer and savvy businesswoman and is now a major star in the horror underground and one of the most prolific people

alive, averaging at least five pictures per annum and appearing at countless fan conventions.

Among her many credits

## If you go...

Hatchet 3 will screen at Cineplex theatres across Canada on Wednesday.

this year — including Among Friends, her directorial debut — is the Adam Green-produced slice and dice Hatchet 3, opening on Wednesday as part of the Raven Banner/Cineplex theatrical horror series Sinister Cinema.

"I don't have an agent. I don't need one anymore. And I don't need to audition anymore. I can't stand auditioning. By now, people know who I am and what I can do."

"I'm happy doing my work, acting and directing and running around in my baseball hat, just being me."

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2 SCENE



## OUR TAKE ON THE WORLD OF CELEBRITIES

And this, my friends, has never happened before in this column. Is the birth of the Royal Baby making me mushy toward all things British?

Billy Ray Cyrus and his wife, Tish, are calling off their divorce, a source close to the couple confirms to E! News. "I spoke to Tish and she told me they both woke up and realized they love each other and decided they want to stay together," the source says. "They went into (couples) therapy with the goal of divorcing in a way that was healthy for the children but ended up coming out of it with the realization that they in fact want to stay together. Tish sounds happy and energized about having this fresh start."

six-foot waves and fog that had rolled in," a source says. The boat was located by the Coast Guard and was being escorted back when it broke down and had to be towed the remaining four miles to shore. An employee of the towboat company says the passengers were "tired and thankful" and "just wanted to get off the boat."



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Best Health

## Staying hydrated in summer — continued



**BEST HEALTH MINUTE**  
Bonnie Munday  
Editor-in-chief  
Best Health Magazine

In the Summer issue of Best Health we feature an article by one of our columnists, registered dietitian Sue Mah. She talks about the importance of getting enough fluids, especially in the hot summer months when we sweat more. But, as we talked about last week, not all drinks are created equal.

### Healthy choices

In addition to water, coconut water and vitamin-enhanced waters, here are some choices:

### Lower-fat milk

It has lots of essential nutrients. One cup of one per cent milk has calcium, vitamin D, magnesium and phosphorus.

### Powder of liquid flavour enhancers

If you find plain water boring, products like Crystal Light and Mio boost flavour while adding few or no calories. They're made with artificial sweeteners approved by Health Canada.

### Vegetable juice

These typically have one full serving of veggies, and fewer calories than fruit juice. Choose the low-sodium variety.

### Not-so-healthy choices

In addition to regular pop, fruit juice and iced-coffee drinks, here are some you might want to limit:

### Sports drinks

A bottle of a sports drink like Gatorade contains 150 calories and 35 grams of sugar. It also has 270 mg of sodium. Try one of the calorie-reduced versions.

### Energy drinks

Caffeine and sugar are the main ingredients. One can has 27 grams of sugar. And these should never be mixed with alcohol, as it can cause irregular heartbeat and other side effects.

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# The bitter truth about sweeteners

**Debate.** Have a sweet tooth but don't know what's best (or worse): fake sugar or real? Here's the lowdown on the popular sweeteners

**MICHELLE CASTILLO**  
life@metronews.ca

Want to know what sweeteners are good for you? Metro breaks down the benefits and drawbacks of the most common kinds.

## Sugar

Natural, yes, but "added sugars" (which also include simple sugars like honey and brown sugar) was recently put on the American Heart Association's (AHA) black list of items that were detrimental to heart health.

The AHA said that the average American eats 22 teaspoons of added sugar a day, about 355 empty calories. They recommend 100 sugar calories for women (25 grams, or six teaspoons) and 150 calories for men (37 grams, or nine teaspoons) daily.

"The best rule of thumb is to start with an unsweetened food and add just a touch of sweetener yourself," nutritionist Dr. Janet Brill explains. "For example, try unsweetened iced tea or plain, non-fat yogurt and add in a touch of your sweetener of choice."

## Aspartame

One way to avoid added sugars is to use an artificial sweetener. Aspartame is made up of methanol, phenylalanine and aspartic acid, and is 200 times sweeter than sugar, says Brill. Brand names of the product include Nutrasweet and Equal. As an added bonus, it is calorie-free.

While the U.S. Food and Drug Administration and the European Food Safety Authority have said it is safe for human consumption, some research has cast doubt on its long-term safety. Two Italian studies have shown that very high doses of aspartame might increase the chance of



Get to know what you're putting in your body. ISTOCK PHOTOS

### I know a fake when I eat it

**"Your body cannot metabolize fake sugars. There has been many other health and digestive challenges reported with these fake sugars."**

**Mark Macdonald**  
Celebrity nutritionist

developing blood-related cancers like leukemia and lymphoma in rats. No studies have linked higher rates of human cancer to aspartame use.

## Malitol and sorbitol

These artificial sweeteners are sugar alcohols. They are not completely absorbed in the body, which means that the body takes in less calories than when you consume regular sugar, Brill explains.

However, they can cause several gastrointestinal side effects. "Most 'sugar free' or 'diet' foods are made with one of these sweeteners, which is exactly why when you eat those foods you are more gassy and bloated," says celebrity nutritionist Mark Macdonald,

author of New York Times-best-seller Body Confidence. "Your body cannot metabolize fake sugars. There has been many other health and digestive challenges reported with these fake sugars, so you are always better to use the healthy sweeteners to sweeten up your food."

## Agave nectar

Agave nectar is a natural sweetener made from the same plant that they use to make tequila. It ranks low on the glycemic index, which means it does not raise blood sugar levels rapidly.

However, this may be due to the fact it is hard for the body to process because it is a form of fructose, chemically similar to high fructose corn

syrup.

Though it contains some additional minerals, it is in too low quantities to make a significant difference.

## Stevia

Stevia is a natural sweetener made from a South American plant that has been used for hundreds of years.

"Stevia is the healthiest low cal sweetener on the market, so that is what I recommend most," Macdonald pointed out.

However, recent research shows that stevia may not lower blood sugar levels and could negatively affect blood sugar control in diabetics.

Also there is not much research completed on pregnant women who use stevia, so some doctors suggest avoiding using the product if in that situation.

People allergic to the Asteraceae/Compositae family of plants (which includes ragweed, chrysanthemums, marigolds and daisies) may have a reaction to it.

# 3 TIPS

# Rocky Mountain Cheesecake: the scenic route for taste buds

These individual party-in-your-mouth Rocky Mountain Cheesecakes are perfect when you want a controlled portion of dessert. The water bath keeps the cheesecakes smooth and silky tasting.

1. Preheat the oven to 350 F. Line a 12-cup muffin tin with paper liners.

2. Combine the ricotta, cream cheese, sour cream, egg, sugar, cocoa and flour in a food processor. Purée until smooth. Divide the mixture among the prepared muffin cups.

3. Set the muffin tin in a larger pan. Pour enough hot water into the pan to come halfway up the sides of the muffin cups.

4. Bake in centre of oven 20 minutes. Remove and sprinkle marshmallows and chocolate chips evenly over the cheesecakes. Return to the oven and bake for 5 minutes longer, or until the marshmallows and chocolate chips begin to melt.

5. Remove the muffin tin from the water bath and cool on a rack. Chill well before removing the paper liners and serving. **ROSE REISMAN**

## Ingredients

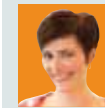
- 1 3/4 cups smooth ricotta
- 1/2 cup light cream cheese, softened
- 1/2 cup low-fat sour cream
- 1 egg
- 3/4 cup granulated sugar
- 3 tbsp unsweetened cocoa powder
- 1 1/2 tbsp all-purpose flour
- 1/3 cup miniature marshmallows
- 3 tbsp mini semi-sweet chocolate chips



This recipe serves 12. **ROSE REISMAN**

## Health Solutions

### Melt in your mouth sweets



**NUTRI-BITES**  
Theresa Albert  
DHN, RNCP  
myfriendinfood.com

There is nothing like a great dessert to end a perfect meal ... but, what happens in the summer?

Baking just isn't in the cards for many people.

Frozen desserts are your perfect solution and granita is way easier than ice cream.

The bonus is that you can use just about any fruit that may be a little too ripe to enjoy and impress guests.

Only you will know that all you needed was a metal cake pan and a fork.

The trick with granita is to make

sure you're breaking up the ice as it freezes.

- 1 cup of simple syrup (Note: To make "simple syrup" boil 1 cup of water and 2 cups of sugar until dissolved. Let cool.)

- 1 cup of puréed fruit

1. In a blender, whiz together simple syrup and any ripe fruit.

2. Pour into a metal pan and freeze. Scrape crystals as they form every hour or two.

3. Serve in individual champagne or martini glasses as a treat, dessert or palate cleanser at a summer barbecue.

**THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MY-FRIENDINFOOD.COM**



# Choco Banana Bites: Where your sweet tooth meets the freezer



1. Melt chocolate in top of double boiler or in microwave, then stir in peanut butter.

2. Place peanuts in a wide, shallow dish. Roll 3 to 4 pieces of banana in the melted chocolate and peanut butter mixture, and stir to coat.

3. Remove bananas using a fork and place in the dish containing peanuts. Roll chocolate-covered bananas in peanuts

and coat as best as you can. Once well coated, place bananas on baking sheet lined with waxed paper.

4. Repeat with remaining bananas, re-melting the chocolate mixture if needed. Once complete, place in freezer.

5. Once frozen, store in freezer bag or airtight container. Thaw for 8 to 10 minutes before eating, to ensure banana bites are

frozen, but not rock hard. **NEWS CANADA/ PEANUTBUREAU.CA**

## Ingredients

- 4 oz (115 g) bittersweet or milk chocolate, chopped
- 1 tbsp (15 ml) peanut butter
- 1 cup (250 ml) peanuts, finely chopped
- 2 large bananas, cut into 1 1/2-inch (4-cm) pieces

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# Male survey results are in: pre-stalking prospective partners all the rage

Askmen.com recently announced the results of its Great Male Survey conducted in Canada, the United States, Australia and the United Kingdom.

The survey covered a number of topics, including dating and sex; health; politics; entertainment; fashion; career/business; and technology.

Here is a look at some of the Canadian dating and sex results from the survey.

- 36 per cent believe a sense of loyalty is the most important trait for deciding if a woman is "relationship material".

- 74 per cent would not cheat on their partner, even if there was no chance of them finding out.

- 68 per cent of respondents would lie to their partner to avoid an argument.

## Manly man

Thirty-eight per cent of respondents believe Vladimir Putin is the manliest political figure (over Barack Obama, Bill Clinton, Paul Ryan and Kim Jong-un).



amount of weight.

- If they could change one thing, 23 per cent of respondents would change their partner's nagging.

- 37 per cent of respondents believe women start losing their looks at 40 years of age.

- 76 per cent would pre-stalk a prospective partner.

- 84 per cent of respondents answered no when asked if they've ever said, "I love you" just for sex.

- 71 per cent of respondents fantasize about a partner's friend.

- 53 per cent of respondents have never been tested for STDs. **FOR MORE RESULTS, CHECK OUT ASKMEN.COM. METRO**

- 52 per cent of respondents would dump their partner if they gained a significant

## Dinner party etiquette



It is never OK to leave your cellphone on the dinner table. ISTOCK IMAGES

## Hold the phone!



**CHARLES THE BUTLER**  
askcharlesthebutler@metronews.ca  
For more, visit charlesmacpherson.com

## Conundrum

You are going out to an important formal dinner at your boss's home. Your four-year-old child is home sick with a temperature and has a babysitter.

Is it reasonable for you

to keep your cellphone on the dinner table to take any texts or calls that may come in from the babysitter, even if the babysitter is a mom herself who has babysat for you many times before?

## Answer

It is never OK to leave your cellphone on the dinner table. Firstly if you are worried that your child is that sick, than perhaps it might be better to stay home and take care of him yourself.

Secondly, if you must go out and anticipate a call, first inform your hostess

in private of the situation, secondly keep your cellphone on vibrate and in your pocket or lap. In the event that it does ring, excuse yourself from the table (don't explain why, just a simple "excuse me") and leave the dining room before taking the call. If the situation is serious, then return to the dining room and politely whisper into the hostess's ear that you must excuse yourself and return home at once.

Remember to send a note of apology the following day, and include how your child is doing.

# Making a case to keep a cash stash



Keep a few hundred dollars in cash at home. You never know when you'll need some money in an emergency. ISTOCK IMAGES



**YOUR MONEY**  
Alison Griffiths  
money@metronews.ca

I love cash. When bad things happen — lost wallet, power outage and credit or debit card terminal woes — a secret cash stash rules.

Here's a case in point. My youngest daughter had a fraudulent charge on her credit card. She caught it and got a new card. However, she now appears to be on a high-risk watch list and any "odd" transaction triggers a block. On a recent trip to the U.S. her card was declined while trying to fill up her car to drive back to Canada.

Luckily, she occasionally listens to her mom and had an emergency \$100 stashed in her car.

At home and everywhere you go some cash should be available. And I don't mean through ATM machines. They can run out of bills, break down or be felled by a power outage as happened during the recent floods in Alberta and Greater Toronto.

At home, I recommend singles have around \$200 cash while families should aim for at least \$100 per person. Yes, someone could break in and find the dough under your mattress. But the risk is small compared to the inconvenience of being stuck without money in an emergency.

During holidays or business trips, you should have sufficient funds available for at least one night at a hotel plus meals. Sure, there are emergency replacement services available, but you can't always contact

the credit card company and a couple of days might pass before the replacement arrives.

During Hurricane Sandy friends were forced to stay an extra three days in Virginia with no cellphone service and the single ATM at the local one-horse town was on the fritz. Fortunately, they had \$500 cash and were comfortably able to wait out the storm. Kids also

need to be made aware of the emergency cash. A note and receipt for any money used is a good plan. Granted, a stash can be tempting. When my oldest daughter was in high school she cleaned out the teapot and bought pizza, movies and taxi rides for a bunch of friends. She paid it back, with interest, and never went near it again — except for real emergencies.

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## Silver sky-lining in Spain

Roseline Fillion, left, and Meaghan Benfeito, of Canada, perform a dive during the 10-metre platform final at the FINA world championships on Monday in Barcelona. The pair finished with 331.41 points to take silver behind China's Chen Ruolin and Liu Huixia, who accumulated an unassailable 356.38 points. Malaysia's Pandelega Rinong and Mun Yee Leong were 0.27 points behind Montreal's Benfeito and Laval, Que., native Fillion to claim bronze. MICHAEL SOHN/THE ASSOCIATED PRESS

# A team built on speed

**Olympics.** Mobility a priority for Yzerman on larger ice surfaces

Sidney Crosby and Jonathan Toews lead a list of 47 players invited to a summer orientation camp for the Canadian men's Olympic hockey team.

The camp in Calgary runs from Aug. 25 to 28 and will begin the process of selecting the 25 players who will play for Canada at the 2014 Winter Games in Sochi, Russia.

Crosby and Toews are among 15 invitees who helped Canada win gold at the 2010 Games in Vancouver.

### Pushing forward

**"Some of these younger players are forcing their way into the lineup."** Team Canada executive director Steve Yzerman.

Newcomers on the orientation camp list include defencemen Alex Pietrangolo and P.K. Subban and forwards Steven Stamkos, John Tavares, Claude Giroux and Brad Marchand.

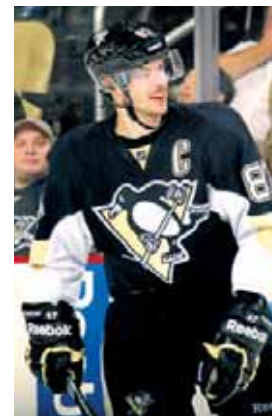
The others are goalie Roberto Luongo, defencemen Dan Boyle, Drew Doughty, Duncan Keith, Brent Seabrook and Shea Weber, and forwards Patrice Bergeron, Corey Perry, Ryan Getzlaf, Rick Nash, Mike Richards, Eric Staal and Joe Thornton.

Team executive director Steve Yzerman said being mobile on the larger international ice surface in Sochi will be key.

"Ultimately, we'll pick the best players available to us, but playing on a bigger ice surface, I believe there is a priority on being able to skate," Yzerman said on a conference call. "That will weigh into our final decisions on putting this team together."

Among the defencemen invited to the orientation camp is Calgary's Mike Green of the Washington Capitals.

THE CANADIAN PRESS



Sidney Crosby will try to lead Canada to a second straight Olympic gold next March in Sochi, Russia. GETTY IMAGES FILE

### MLB

## Cubs ship Garza to Arlington

The Texas Rangers finally have Matt Garza in their starting rotation.

Texas acquired Garza from the Chicago Cubs in a trade completed Monday, just more than a week before the July 31 non-waiver trading deadline and several days after it initially appeared the two teams had a deal done.

The 29-year-old right-hander will provide a boost to a Rangers starting rotation plagued by injuries.

THE ASSOCIATED PRESS



Matt Garza has been traded from the struggling Cubs in the NL to the contending Rangers in the AL. GETTY IMAGES

### NHL

## Flames sign Monahan to entry-level deal

The Calgary Flames signed their top 2013 draft pick Sean Monahan to a three-year, entry-level contract Monday.

The Flames announced that Monahan signed a two-way contract that will pay a base salary of \$832,500 with a signing bonus of \$92,500 each year at the NHL level and a yearly AHL salary of \$70,000.

If Monahan, an 18-year-old Brampton, Ont., native, achieves performance bonuses, he can earn up to \$1.77 million per season with the Flames.

THE CANADIAN PRESS

# MLB. Braun bites the bullet for violating drug program



Ryan Braun GETTY IMAGES FILE

Former National League MVP Ryan Braun was suspended without pay for the rest of the season and the post-season Monday in the first penalty following Major League Baseball's investigation of the Florida clinic accused of distributing performance-enhancing drugs.

Braun accepted the penalty. "I am not perfect. I realize now that I have made some mistakes. I am willing to accept

### Costly 'mistakes'

## \$3M

Ryan Braun will miss the Brewers' final 65 games, costing him about \$3 million of his \$8.5 million salary.

the consequences of those actions," he said in a statement.

MLB attempted to suspend

Braun for a positive drug test after the 2011 season, but an arbitrator overturned the penalty because the star's urine sample was not handled as specified by baseball's drug agreement.

Braun, Yankees star Alex Rodriguez and more than a dozen players were targeted by MLB following a report by Miami New Times in January that they had been connected

with Biogenesis of America, a now-closed anti-aging clinic.

Commissioner Bud Selig announced the penalty, citing Braun for multiple unspecified "violations" of baseball's drug program and labour contract.

"We commend Ryan Braun for taking responsibility for his past actions," said Rob Manfred, MLB's executive vice-president for economics and league affairs. THE ASSOCIATED PRESS



## Horoscopes

### ♈ Aries

March 21 - April 20

You have sacrificed a lot of late and no doubt feel you are entitled to something in return — and you're right. Decide what you want then reach out and take it.

### ♉ Taurus

April 21 - May 21

The conditions you find yourself in are largely of your own making. If you want to change things, the effort must come from you. Loved ones will help but only if you ask.

### ♊ Gemini

May 22 - June 21

The Sun's change of signs means you would like nothing better than to forget about serious things and have fun. So why don't you? Life is too short to waste even one day doing what you don't enjoy.

### ♋ Cancer

June 22 - July 23

You have something important to deal with and although the Sun has moved out of your sign, Mars and Jupiter will give you all the energy and enthusiasm you need to sort it out.

### ♌ Leo

July 24 - Aug. 23

As the Sun begins its transit of your birth sign, you can afford to be more adventurous. By all means, weigh up the pros and cons but don't let fear or other people's disapproval hold you back. Go for it.

### ♍ Virgo

Aug. 24 - Sept. 23

You may have to put others' needs ahead of your own but if you stand back and see the bigger picture, you'll realize you are helping yourself as well. Everyone benefits.

### ♎ Libra

Sept. 24 - Oct. 23

If you have made a mistake then admit it. It's really no big deal. Everyone does something silly once in a while, so make light of it and then move on.

### ♏ Scorpio

Oct. 24 - Nov. 22

The next few days will be productive, especially on the work front where you will find favour with important people. The most important thing is that you have a clear mental image of your long-term goal.

### ♐ Sagittarius

Nov. 23 - Dec. 21

If someone has displeased you then you must let them know. You may be forgiving by nature but if you let them get away with it, they may think they can do it again.

### ♑ Capricorn

Dec. 22 - Jan. 20

Don't waste time on people who refuse to play by the rules. Either come down on them hard or cut them out altogether. It doesn't matter which approach you choose as long as you mean it.

### ♒ Aquarius

Jan. 21 - Feb. 19

A dispute will disturb your peace of mind today and you must deal with it before it gets out of hand. This is a great time for affairs of the heart. Don't let anything spoil it.

### ♓ Pisces

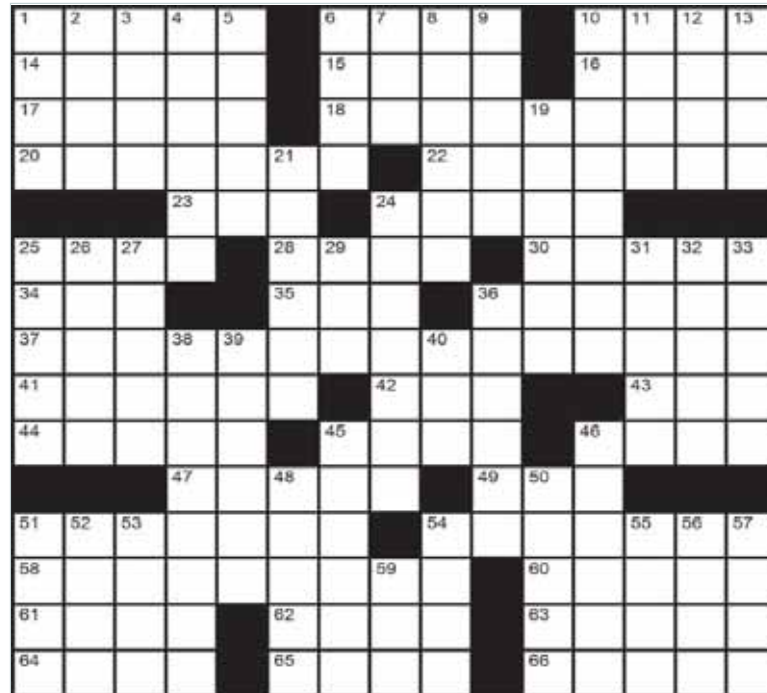
Feb. 20 - March 20

If you push yourself harder than usual today, you will get more done. But don't risk hurting yourself physically. Nothing is more important than your wellbeing, not even success. **SALLY BROMPTON**

## Crossword: Canada Across and Down

### Across

1. "La \_\_\_ Nikita"
6. Suzanne Vega song
10. Fashion designer, L' \_\_\_ Scott
14. Manner of speaking
15. "Up and \_\_\_ '\_\_\_!" (Rise and shine!)
16. Digger's creation
17. Italian luxury brand
18. Locale of Acadia University in Nova Scotia
20. Juno-winning Hamilton band
22. Quickly fried
23. \_\_\_ bread
24. Country music's Mr. Haggard
25. Mend the mitten
28. "Or so \_\_\_ say." (Apparently)
30. Run after
34. Veggie of Japan
35. Canuck band, \_\_\_ 41
36. Prison guard in ye olden times
37. The Potato Eaters, for one: 3 wds.
41. Brendan Fraser comedy, "\_\_\_ Man" (1992)
42. Selfish sort
43. Dove's sound
44. diy Network implements
45. Boxing locale
46. Mr. Frobe who played the title role in James Bond movie "Goldfinger" (1964)



47. Shoe's strings
49. Worcestershire sauce brand, \_\_\_ & Perrins
51. Stars: French
54. BC city
58. "Lovers in a \_\_\_ Time" by Bruce Cockburn
60. Loathing
61. Prefix to 'gon'

- (Eight-sided shape)
62. Ms. Bombeck
63. Al \_\_\_ (Pasta-cooking consistency)
64. NASA target in 1969
65. 'Trick' suffix
66. Door sign

### Down

1. Soccer org.
2. Broadway star Linda
3. Weasel relative
4. New
5. 19th-century poet Ms. Dickinson
6. Rules
7. \_\_\_-Aztec languages

8. Actor Mr. Grammer
9. Intl. AIDS research foundation
10. Red Rider song: 2 wds.
11. Auditioner's hope
12. French pronoun
13. Require
19. Alberta town
21. The Cars hit: 2

24. City of ancient Egypt
25. Comforter
26. A Bell for \_\_\_ (John Hersey Pulitzer-winning novel)
27. Gadgets brand in vintage TV ads
29. "Er, what's that?"
31. Set-in-a-diner TV series
32. Mister: Spanish
33. Grain fungus
36. Little laugh
38. Island-dwelling TV guy
39. Store items, at times: 2 wds.
40. Get an '\_\_\_' (Score better than B+)
45. Ritzy retreat
46. Do yard work
48. Roman goddess of agriculture
50. Wear away
51. Ancient Dead Sea land
52. Restaurant chain, \_\_\_ Bell
53. Particular preposition
54. Bolshevik-opposed ruler
55. The Turtles tune: "It \_\_\_ Me Babe"
56. Adorable
57. 'E' in EMT, for short
59. Apricot-like Japanese fruit

## Yesterday's Crossword

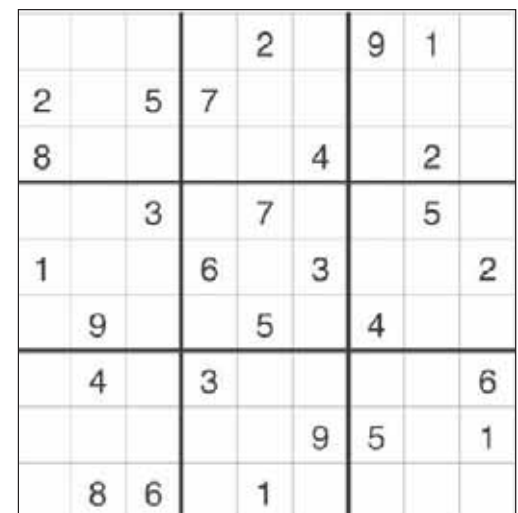


## Sudoku

### How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

## Yesterday's Sudoku



## Weather

TODAY

WEDNESDAY

THURSDAY



MAX: 18°  
MIN: 13°



MAX: 23°  
MIN: 13°



MAX: 25°  
MIN: 11°



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### 2010 TOYOTA RAV4 AWD SP

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### 2011 FORD FOCUS

STOCK# P360517B



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### 2013 TOYOTA SIENNA LE AWD

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STOCK# P360818A



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